



DEPARTMENT OF THE INTERIOR
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FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

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HADDOCK FILLETS - A PLENTIFUL FOOD

Since frozen haddock fillets are a plentiful and inexpensive food to purchase at this time, information about them is especially welcome. Haddock is a lean, firm, white-meated, pleasant flavored fish, generously endowed with easily digested, high-grade protein, minerals and other nutrients necessary to maintain health and a feeling of well-being.

It is a native of the North Atlantic from New York to Nova Scotia and is closely related to the cod, but is smaller. The average weight runs from one and one-half to seven pounds and the smaller ones are referred to as "scrod haddock."

Haddock reaches the retail markets whole, drawn, filleted, flaked, and smoked. Fillets are the sides of the fish cut lengthwise away from the backbone and are practically boneless and have little or no waste. They may be prepared by any of the basic cooking methods of frying, baking, broiling, and steaming or in an endless variety of combination dishes.

The home economists of the Fish and Wildlife Service are recommending "Baked Haddock Fillets with Puffy Cheese Sauce."

BAKED HADDOCK FILLETS WITH PUFFY CHEESE SAUCE

- 2 pounds haddock fillets
- $\frac{1}{4}$ cup mayonnaise or salad dressing
- 1 tablespoon chopped sweet pickle or pickle relish
- $\frac{1}{4}$ cup grated cheese
- 2 egg yolks, beaten
- 2 egg whites, beaten

Thaw frozen fillets. Cut into service-size portions. Place in a single layer in a shallow, well-greased baking pan. Combine mayonnaise, sweet pickle, cheese, and egg yolk. Fold in egg white. Cover fish with the sauce. Bake in a moderate oven, 350°F., for 30 minutes or until fish flakes easily when tested with a fork and the sauce is brown. Serves 6.

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